

Responses to the 12 Survey Questions: Adults Age 18 or Over, Utah, 1996

In general, would you say your health is excellent, very good, good, fair, or poor?

Poor	2.7%	\pm 0.55%
Fair	8.3%	\pm 1.08%
Good	24.9%	\pm 1.67%
Very good	34.7%	\pm 1.84%
Excellent	29.4%	\pm 1.76%

The next few questions ask about activities you might do during a typical day.

Does YOUR HEALTH NOW LIMIT YOU IN MODERATE ACTIVITIES, such as moving a table, pushing a vacuum cleaner, bowling or playing golf? Would you say you are limited a lot, a little, or not at all?

A lot	7.8%	\pm 1.02%
A little	13.9%	\pm 1.33%
Not at all	78.3%	\pm 1.59%

How about CLIMBING SEVERAL FLIGHTS OF STAIRS? Would you say your health limits you a lot, a little, or not at all?

A lot	8.2%	\pm 1.06%
A little	18.5%	\pm 1.51%
Not at all	73.3%	\pm 1.71%

Thinking about the past four weeks, have you ACCOMPLISHED LESS than you would like AS A RESULT OF YOUR PHYSICAL HEALTH?

Yes	21.4%	\pm 1.59%
No	78.6%	\pm 1.59%

During the past four weeks, were you limited in the KIND of work or other activities you could do as a result of your physical health?

Yes	18.0%	\pm 1.47%
No	82.0%	\pm 1.47%

The next questions ask about problems you may have had with your work or other regular daily activities as a result of any EMOTIONAL PROBLEMS, such as feeling depressed or anxious.

In the past four weeks, did you ACCOMPLISH LESS than you would like AS A RESULT OF AN EMOTIONAL PROBLEM, such as feeling depressed or anxious?

Yes	14.9%	\pm 1.35%
No	85.1%	\pm 1.35%

During the last four weeks, did you have trouble doing work or other activities as CAREFULLY as usual AS A RESULT OF AN EMOTIONAL PROBLEM, such as feeling depressed or anxious?

Yes	10.3%	\pm 1.14%
No	89.7%	\pm 1.14%

During the past four weeks, how much did PAIN interfere with your normal work including both work outside the home and housework, would you say (*read responses*)?

Extremely	1.7%	\pm 0.45%
Quite a bit	4.8%	\pm 0.84%
Moderately	7.8%	\pm 1.06%
A little bit	24.6%	\pm 1.67%
Not at all	61.1%	\pm 1.88%

The next three questions ask about how you feel and how things have been with you DURING THE PAST FOUR WEEKS.

How much of the time during the past four weeks have you felt calm and peaceful? Would you say *(read 1-6)*?

None of the time	1.3%	± 0.39%
A little of the time	5.0%	± 0.82%
Some of the time	14.0%	± 1.39%
Good bit of the time	16.9%	± 1.45%
Most of the time	53.5%	± 1.92%
All of the time	9.3%	± 1.10%

How much of the time during the PAST FOUR WEEKS did you have a lot of energy? Would you say *(read 1-6)*?

None of the time	1.9%	± 0.45%
A little of the time	6.6%	± 1.00%
Some of the time	15.6%	± 1.37%
Good bit of the time	21.4%	± 1.63%
Most of the time	46.1%	± 1.92%
All of the time	8.3%	± 1.02%

How much of the time during the past four weeks have you felt downhearted and blue? *(If necessary, read responses)*

All of the time	0.7%	± 0.27%
Most of the time	2.6%	± 0.61%
Good bit of the time	3.6%	± 0.69%
Some of the time	13.2%	± 1.31%
A little of the time	36.8%	± 1.86%
None of the time	43.2%	± 1.92%

During the last four weeks, how much of the time has your PHYSICAL HEALTH OR EMOTIONAL PROBLEMS interfered with your social activities, like visiting with friends, relatives, etc.? *(If necessary, read responses)*

All of the time	1.1%	± 0.37%
Most of the time	2.5%	± 0.65%
Good bit of the time*	2.0%	± 0.45%
Some of the time	6.9%	± 1.04%
A little of the time	12.7%	± 1.29%
None of the time	74.8%	± 1.69%

Weighted Survey Sample Distributions for Medical Outcomes Study SF12 Physical and Mental Health Composite Scale Scores: Adults, Age 18 or Over, 1996

Physical Health Composite Scale

Score (truncated to integer value)	Weighted Sample Count	Percent with Score
11	0.3	0.0%
12	3.9	0.1%
13	1.8	0.0%
14	4.8	0.1%
15	3.6	0.1%
16	8.0	0.1%
17	10.3	0.2%
18	5.6	0.1%
19	12.6	0.2%
20	14.4	0.2%
21	17.8	0.3%
22	33.2	0.5%
23	31.3	0.5%
24	24.1	0.4%
25	13.1	0.2%
26	46.8	0.8%
27	33.4	0.5%
28	28.3	0.5%
29	30.8	0.5%
30	41.0	0.7%
31	38.6	0.6%
32	38.6	0.6%
33	48.2	0.8%
34	48.3	0.8%
35	59.1	1.0%
36	71.8	1.2%
37	57.5	0.9%
38	79.6	1.3%
39	77.0	1.3%
40	52.9	0.9%
41	44.0	0.7%
42	89.1	1.4%
43	112.8	1.8%
44	116.5	1.9%
45	102.4	1.7%
46	132.5	2.2%
47	143.6	2.3%
48	160.1	2.6%
49	192.2	3.1%
50	236.9	3.8%
51	250.2	4.1%
52	326.5	5.3%
53	397.0	6.4%
54	353.2	5.7%
55	780.1	12.7%
56	863.7	14.0%
57	492.0	8.0%
58	147.5	2.4%
59	65.6	1.1%
60	52.2	0.8%
61	68.2	1.1%
62	48.3	0.8%
63	20.6	0.3%
64	13.6	0.2%
65	7.9	0.1%
66	1.0	0.0%
67	0.0	0.0%
68	0.2	0.0%
69	0.2	0.0%
Total	6,154.9	100.0%

Mental Health Composite Scale

Score (truncated to integer value)	Weighted Sample Count	Percent with Score
9	0.2	0.0%
11	0.0	0.0%
12	0.2	0.1%
13	5.3	0.0%
14	0.6	0.0%
15	0.4	0.0%
16	0.4	0.0%
17	2.0	0.1%
18	3.3	0.1%
19	4.3	0.2%
20	13.5	0.1%
21	8.9	0.1%
22	7.8	0.2%
23	15.3	0.3%
24	15.9	0.3%
25	18.4	0.3%
26	19.1	0.2%
27	12.1	0.3%
28	17.4	0.5%
29	33.2	0.5%
30	29.7	0.4%
31	24.1	0.4%
32	25.7	0.4%
33	23.5	0.4%
34	24.9	0.5%
35	33.4	0.5%
36	33.4	0.6%
37	39.6	0.6%
38	35.7	0.6%
39	34.7	0.9%
40	56.5	1.2%
41	73.8	1.1%
42	68.7	0.9%
43	56.9	1.2%
44	75.5	1.0%
45	62.0	1.3%
46	82.3	1.6%
47	95.6	1.4%
48	85.4	1.6%
49	101.5	2.0%
50	125.1	2.5%
51	156.0	3.8%
52	234.9	4.1%
53	254.0	5.2%
54	322.0	4.0%
55	243.3	13.2%
56	814.1	5.2%
57	317.1	15.1%
58	932.3	6.0%
59	372.2	6.4%
60	393.0	5.1%
61	311.2	2.3%
62	141.1	1.5%
63	94.2	1.5%
64	92.0	0.6%
65	39.1	0.4%
66	24.9	0.4%
67	22.2	0.2%
68	9.9	0.0%
69	2.1	0.2%
70	9.5	0.1%
Total	6,151.3	100.0%

Comparison of U.S. and Utah Populations Mean Scores on
the SF-12 Physical Health Composite Scale (PCS12):
Utah 1996, U.S. 1995*

Age	PCS12		
	U.S.	Utah	
18-34	53.33	51.93	\pm 0.47
35-44	52.18	51.42	\pm 0.69
45-54	49.71	50.53	\pm 1.08
55-64	46.55	47.67	\pm 1.23
65-74	43.65	44.59	\pm 1.33
75+	38.68	42.71	\pm 1.74

Comparison of U.S. and Utah Populations Mean Scores on
the SF-12 Mental Health Composite Scale (PCS12):
Utah 1996, U.S. 1995*

Age	U.S.	Utah	
18-34	49.18	52.21	\pm 0.53
35-44	50.1	52.35	\pm 0.71
45-54	50.45	53.64	\pm 0.76
55-64	50.57	54.69	\pm 0.94
65-74	52.1	56.5	\pm 0.92
75+	50.06	55.03	\pm 1.47

* U.S. norms as reported in Ware, Kosinsky & Keller, 1995.

SF-12 Individual Item Scores by Above or Below Average Physical Health Status

SF-12 Item	Group Average Score on SF-12 Item		
	Below Average Group*	Average Group	Above Average Group*
In general, would you say your health is excellent, very good, good, fair, or poor?	Good	Very good	Very good
Does YOUR HEALTH NOW LIMIT YOU IN MODERATE ACTIVITIES, such as moving a table, pushing a vacuum cleaner, bowling or playing golf? Would you say you are limited a lot, a little, or not at all?	A little	Not at all	Not at all
How about CLIMBING SEVERAL FLIGHTS OF STAIRS? Would you say your health limits you a lot, a little, or not at all?	A little	Not at all	Not at all
Thinking about the past four weeks, have you ACCOMPLISHED LESS than you would like AS A RESULT OF YOUR PHYSICAL HEALTH?	Yes	No	No
During the past four weeks, were you limited in the KIND of work or other activities you could do as a result of your physical health?	Yes	No	No
In the past four weeks, did you ACCOMPLISH LESS than you would like AS A RESULT OF AN EMOTIONAL PROBLEM, such as feeling depressed or anxious?	No	No	No
During the last four weeks, did you have trouble doing work or other activities as CAREFULLY as usual AS A RESULT OF AN EMOTIONAL PROBLEM, such as feeling depressed or anxious?	No	No	No
During the past four weeks, how much did PAIN interfere with your normal work including both work outside the home and housework, would you say not at all, a little bit, moderately, quite a bit, or extremely?	Moderately	Not at all	Not at all
How much of the time during the past four weeks have you felt calm and peaceful? Would you say all of the time, most of the time, a good bit of the time, some of the time, a little of the time, or none of the time?	A good bit of the time	Most of the time	A good bit of the time
How much of the time during the PAST FOUR WEEKS did you have a lot of energy? Would you say all of the time, most of the time, a good bit of the time, some of the time, a little of the time, or none of the time?	Some of the time	A good bit of the time	Most of the time
How much of the time during the past four weeks have you felt downhearted and blue? Would you say all of the time, most of the time, a good bit of the time, some of the time, a little of the time, or none of the time?	A little of the time	A little of the time	A little of the time
During the last four weeks, how much of the time has your PHYSICAL HEALTH OR EMOTIONAL PROBLEMS interfered with your social activities, like visiting with friends, relatives, etc.?	A little of the time	None of the time	None of the time

* Individual PCS12 scale score above +6.53 (above average) or below -6.53 (below average).

SF-12 Individual Item Scores by Above or Below Average Mental Health Status

SF-12 Item	Group Average Score on SF-12 Item		
	Below Average Group*	Average Group	Above Average Group*
In general, would you say your health is excellent, very good, good, fair, or poor?	Good	Very good	Very good
Does YOUR HEALTH NOW LIMIT YOU IN MODERATE ACTIVITIES, such as moving a table, pushing a vacuum cleaner, bowling or playing golf? Would you say you are limited a lot, a little, or not at all?	Not at all	Not at all	A little
How about CLIMBING SEVERAL FLIGHTS OF STAIRS? Would you say your health limits you a lot, a little, or not at all?	A little	Not at all	A little
Thinking about the past four weeks, have you ACCOMPLISHED LESS than you would like AS A RESULT OF YOUR PHYSICAL HEALTH?	No	No	No
During the past four weeks, were you limited in the KIND of work or other activities you could do as a result of your physical health?	No	No	No
In the past four weeks, did you ACCOMPLISH LESS than you would like AS A RESULT OF AN EMOTIONAL PROBLEM, such as feeling depressed or anxious?	Yes	No	No
During the last four weeks, did you have trouble doing work or other activities as CAREFULLY as usual AS A RESULT OF AN EMOTIONAL PROBLEM, such as feeling depressed or anxious?	Yes	No	No
During the past four weeks, how much did PAIN interfere with your normal work including both work outside the home and housework, would you say not at all, a little bit, moderately, quite a bit, or extremely?	A little bit	Not at all	A little bit
How much of the time during the past four weeks have you felt calm and peaceful? Would you say all of the time, most of the time, a good bit of the time, some of the time, a little of the time, or none of the time?	Some of the time	Most of the time	Most of the time
How much of the time during the PAST FOUR WEEKS did you have a lot of energy? Would you say all of the time, most of the time, a good bit of the time, some of the time, a little of the time, or none of the time?	Some of the time	A good bit of the time	Most of the time
How much of the time during the past four weeks have you felt downhearted and blue? Would you say all of the time, most of the time, a good bit of the time, some of the time, a little of the time, or none of the time?	Some of the time	A little of the time	None of the time
During the last four weeks, how much of the time has your PHYSICAL HEALTH OR EMOTIONAL PROBLEMS interfered with your social activities, like visiting with friends, relatives, etc.?	Some of the time	None of the time	None of the time

* Individual MCS12 scale score above +6.11 (above average) or below -6.11 (below average).